



CONSTELLATION

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Colonel reviews first 75 days

by Chris Augsburger
Public Affairs Office
Photos by Tex Job
Information Management

In his first town hall meeting, Col. Robert J. Davis, Jr., shared his personal vision for the future of the District, updated employees on his first 75 days, and provided details on a number of issues that could impact many District employees, such as strategic sourcing and USACE 2012.

"It seems like just yesterday that I stood here in this same room and took command from Chuck Fiala," said Davis, as he began the Oct. 14 town hall in the ballroom of the Wyndham Hotel.

Davis said that this meeting was of particular importance, not just because it was his first in Baltimore, but also because of how much has transpired during the past nearly two months.

With Hurricane Isabel, his first with the Corps, deployment of District employees and

officers to Iraq, and new challenges in managing high visibility projects, Davis said that he discovered first-hand what makes Baltimore District the most unique district in the Corps of Engineers.

"We're sort of like a division within a division," said Davis.

A former district engineer of the Detroit District, he admitted to not having a tremendous amount of experience with so many high visibility projects.

"This is a busy place," said Davis. "I get a lot of high ranking help."

In spite of those challenges, Davis said he felt that things have gone extremely well during these first weeks, an opinion also held by many Corps customers.

"One of the first things that I tried to do was meet a number of our customers, including installation commanders, garrison commanders and public works directors.

"I was happy to hear that they were generally happy with the work the



Col. Robert Davis, Baltimore District commander, explains USACE 2012 at his first Town Hall Oct. 14.

Corps is doing," said Davis.

The colonel briefed District employees on a number of new issues, including the year-end closeout. In fiscal year 2003, Baltimore District spent over \$854 million, an amount equal to that expended by a complete division or two, according to Davis.

He also displayed a chart of color coded indicators that correlated with how well the District has done in the many civil, military and environmental projects.

There were some areas that indicated the District hadn't spent money efficiently. Davis explained that

Baltimore had transferred money to another NAD district, and thus allowed the entire division to prosper.

Davis emphasized throughout the meeting the need for the Corps to evolve into an organization that makes things faster, better and cheaper.

Changing the D.C. Public Schools office into the D.C. Program Office, or DCPO, is one example, he said.

"We are beyond making sure that the schools open on time...we are slowly transitioning to allow the public school system to take over the

(Continued on p. 3)



U.S. Army Corps
of Engineers
Baltimore District

[http://
www.nab.usace.army.mil](http://www.nab.usace.army.mil)

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Commander's Comment

A helping hand

by Col. Robert J. Davis, Jr.
Commander & District Engineer

As the season changes from fall to winter, most of us look forward to the holidays and prepare to bear the inclement weather.

We should not forget though, that while most of us are giving thanks, some in our communities will have very little for which to be thankful. Winter weather is an inconvenience for most of us, but for some, the cold threatens their very survival. Additionally, many of our co-workers are overseas helping to rebuild countries ravaged by years of oppression and neglect.

I encourage all of you in Baltimore District to do your part in helping those in need by supporting the 2003 Combined Federal Campaign.

The CFC is the annual fund-raising drive conducted by federal employees in the workplace each fall. Every year, federal employees and military personnel contribute millions of dollars through the CFC that

benefit thousands of non-profit charities.

Our goal in Baltimore District this year is to raise \$87,000. The campaign is under way now and runs through Dec. 15. In order to have a successful campaign, we need each and every person in the District to participate.

The primary way to participate is to give to the charity or charities of your choice. Donations as small as \$1 per pay period are allowed. As an example, some employees choose to make a difference in the lives of the less fortunate, such as the handicapped or

crisis victims. Others base their decisions on environmental protection or the protection of human rights.

You can also do what I am doing now—encourage your fellow employees to give to organizations that help others.

There will also be bake sales, raffles and contests throughout the District campaign. You can donate a raffle prize or bake sale item, or just buy a ticket or a cupcake. Contact your CFC representative for details.

Remember—a few minutes of your time can mean meals for hungry children, relief for families in

need of counseling, further work on cures for diseases, comfort for the dying, access to water in the Third World, environmental protection, and better lives and renewed hope for millions of people in our global community.

Thank you for helping these organizations that help others.

Essays!



Colonel holds first town hall

(continued from cover)

final stage of construction,” said Davis.

Developing a forward-deployed office to the District of Columbia and equipping it with contracting and decision making authority allows Baltimore District to manage projects in Northern Virginia, Washington, D.C., and parts of Maryland

more efficiently, according to Davis.

Davis announced that Baltimore District may be selected to manage the construction of a \$250 million biodefense campus at Fort Detrick, Md.

The town hall ended with Davis addressing two issues that deal with reorganizing the Corps

and Baltimore District—USACE 2012 and competitive sourcing.

According to Davis, the Corps wants to reorganize both headquarters and the divisions into teams, just as the districts exist now, in an attempt to streamline authority and allow for faster approval and completion of projects.

“We will remain essentially untouched,” said Davis.

Davis mapped out the process of competitive sourcing, the government’s effort at creating a better, faster and cheaper agency.

Davis described how the president has asked all federal agencies to become more efficient. In response, the Corps identified approximately 7,500 positions that could be considered for privatizing.

Currently, both the Senate and House of Representatives are discussing the specific rules of the program. Davis said there will be more news on the direction of competitive sourcing in the next few months, and offered a Corps website where employees can find current information:

<http://www.hq.usace.army.mil/cepa/compsource/compsource.htm>

View the entire town hall presentation at:
nabinfo.nab.usace.army.mil/organizations/EXEC/



Woody Francis, president of Local 639, Baltimore’s union, asks if jobs will be competed on a level playing field.



Mary Riche, CT, asks the colonel about the DCPO.



Bob Blama, OP, finds his voice and asks Col. Davis a question. When first called on, he was speechless.

Colonel's former driver works as part-time driver

story and photo by
Chanel S. Weaver
Public Affairs Office

Over 20 years have passed since John H. Grant retired from the Corps, but the retiree is just as busy today as he was in 1981.

A few years after his retirement, Grant started a pick-up and delivery service for local banks. He retired from this job a few years later.

Today, Grant, 81, works as a part-time driver for Augsburg Adult Day Care Center, where he is responsible for transporting clients to and from the center.

"I am grateful to serve others," said Grant. "I enjoy my job because I like helping people."

It is this passion for helping others that brought Grant to the Corps of Engineers.

Grant joined the Corps in 1954 and, in a few short years, eventually became the main driver for the district engineer. During his 27 years with the Corps, Grant drove for 10 commanders and several congressionals, mayors, generals and colonels.

It is Grant's safe driving record, however, that distinguished him from other drivers. He drove over two million miles—through the United States, Canada and Mexico—without a single accident, ticket or moving violation. Because of his driving record, Grant's home is adorned with over 30 safe-driving awards.

In addition to his driving record, Grant held an atten-

dance record with the Corps. He never arrived to work late or used a single hour of sick leave during his 27 years. When he retired in 1981, Grant had accumulated 3,070 hours of sick leave.

"Sure, there were days when I felt bad, but I figured I'd just feel bad at work," said Grant. "I've never spent one day in the hospital, and I'm grateful for that."

Those Corps employees who knew Grant when he worked in Baltimore District said they are not surprised that he is still serving others. They said that Grant has always been a kind person.

"John was always a gentleman," said Rosalyn Davis, a District contractor industrial relations specialist.

Pat Williams, another contractor industrial relations specialist, shares Davis' views.

"John demonstrated great skill, efficiency, reliability and professionalism in his job," said Williams. "He was a highly trusted, respected and valued team member whose friendship I will always treasure."

Because of his positive reputation, many employees attended Grant's retirement luncheon. Former district engineers also sent letters to Grant when he retired.

Grant said that he loves Baltimore District as much as it loves him. He said his former co-workers are what he misses most about the District.



John H. Grant drove over two million miles without a single ticket, accident or moving violation.

"One of the biggest joys I had in the District was working with the people," said Grant.

Today, Grant's other joys include traveling, listening to jazz, dancing, paneling and carpentry. He has also been a member of Morning Star Baptist Church for 63 years.

Grant lives in Baltimore with his wife, Ardella. He and Ardella have been married for 53 years. The couple has one son, Robert Earl Grant. Although they have no biological grandchildren, Grant and Ardella said that their godchildren are enough for them.

"Our godchildren have been like grandchildren to us," said Ardella Grant.

Grant is well respected in Baltimore District, but he said he could not have done anything without the support of his wife.

"Behind every good man stands a good woman," said Grant.

"I was able to do a good job and be content with my work because I had an understanding wife."

Baltimore District clears fog of year-end war

by Mary Beth Thompson
Public Affairs Office

Victory was declared at 11:57 p.m. Sept. 30 in the Baltimore District “war room.” Fiscal Year 2003 was over. The District had performed every action and spent every cent possible. Actual expenditures had rocketed to \$854 million, a new record. And the war room—the latest outgrowth of lessons learned from past year-end closures—had proved an effective weapon in the battle.

“We are not in a shooting war here in the Baltimore District, but when it comes to getting something done by a certain point in time, year-end close is about as close to the battlefield as it gets,” Col. Robert J. Davis, Jr. said. Davis became district commander Aug. 1, making this his first fiscal-year end in Baltimore.

“I’ve never seen the war-room approach before, but it is the right attitude for people to have,” Davis said. “I am very impressed.”

The war-room concept grew out of the previous year’s after-action reports, which called for improving communication, said Jim Jones, deputy district engineer for Programs and Project Management.

The District’s Acquisition Planning Group developed a list of the projects they would track. Projects that were at risk of not being executed in time were marked red. The list was put on a spreadsheet with the names of the project managers, actions required and status of each.

In August and September, the group met weekly, then daily as fiscal-year end drew near. They monitored all the projects but focused intently on the “red” projects. The goal was to move all actions on the spreadsheet into the completed category.

At 10 a.m. on Sept. 30, the spreadsheets were projected onto screens in Baltimore District’s 11th floor executive conference room, which was dubbed the “war room.” On the 7th floor, Contracting Division captured data, entered it into the spreadsheets and sent updates to the war room.

“What the war room allowed



us to do was get the big picture and then watch the numbers of actions to be executed grow smaller,” said Jim Rich, chief of Contracting. The spreadsheets provided a snapshot of where we were at any given time on all 185 actions, he said.

“Previous year-end closeouts have meant high drama,” Jones said. “You knew you were going to have a surprise popping up at 11 p.m. It was just a matter of what it would be. The war room

took a lot of the anxiety out of the process of figuring out what was left to do that day.”

“It also told us what wasn’t hot,” said Jim Eberhardt, Resource Management chief. “We couldn’t afford to have people working on something that could be done Oct. 1 or 2.”

Events conspired to throw a few extra challenges into the mix, too. Many employees had worked long days in the Emergency Operations Center during the latter part of September because of Hurricane Isabel. Some contracting specialists were deployed in Iraq, and others were heading there the following week.

“One person was here until midnight working her fingers to the bone as usual, and she was going off to do the same thing in harm’s way the next week,” Eberhardt said.

Yet, the usual festive mood prevailed, Jones said. Employees worked hard but had fun at the same time.

“As frequently occurs, people are stressed and they’re tired, but they work effectively,” Rich said. “On that day, your motto is ‘Semper Gumby.’ You got to be flexible.”

District employees soldiered on through the day and the night. By midnight, the Battle of Fiscal Year 2003 was won.

“Great people. They stepped up,” Rich said.

The ultimate winners, Davis pointed out, are the District’s customers who were counting on expenditures and contracts to be in place.

“We executed every cent. We got it done in time,” Rich said.

Dignitaries break ground for Canal Place

Of the 4,000 miles of canals built in the United States during the 19th century, the Chesapeake and Ohio Canal remains the only towpath canal intact today.

Unfortunately, it also stands in "historic ruin," according to some historians. But this will not be the case for long.

After eight years of planning and design, Col. Robert J. Davis, Jr., Baltimore District commander, helped break ground at a ceremony commemorating the rebuilding of the canal.

"Today's ceremony triggers

the beginning of a transformation that will turn this waterfront into a showpiece of historical preservation," said Davis during the Sept. 27 groundbreaking at Canal Place in Cumberland, Md. Davis joined U.S. Senator Paul Sarbanes and Congressman Roscoe Bartlett, and former Maryland Speaker of the House of Delegates Casper Taylor, along with members of the Allegany County Commission, and the City of Cumberland council members in this celebration.

Baltimore District is partnering with the City of Cumberland, the National Park

Service, the Environmental Protection Agency, Canal Place Preservation and Development Authority and the Maryland Department of the Environment to help revitalize the Canal Place waterfront area and to infuse economic growth, according to Davis.

The groundbreaking ceremony marked the beginning of construction on the first phase of the project, which includes rebuilding and rewatering 1.1 miles of the historic C&O canal and its turning basin. Two intake pipes will also be installed across Wills Creek.

Mill Cove recreation area to be developed at Tioga-Hammond

Calling the event a genuine success story, District Commander Col. Robert Davis, Jr. participated in a ceremonial lease signing with Mill Cove Association Oct. 10 at Tioga-Hammond Lakes. The lease allows the association to construct improvements on 188 acres on Mill Creek and manage the area for group recreation, education and research.

Davis described the Corps' role at Tioga-Hammond as the steward of the land, which the

Corps holds in trust for the American people.

"The Corps is pleased that, through the lease we celebrate today, we are acquiring a new partner who will join us as a guardian of this valuable trust," Davis said.

A recreation area at Mill Creek was originally authorized as a feature of the Tioga-Hammond project. That recreation area was not built due to the lack of a non-federal partner.

"The signing of the Mill Cove

Environmental Area lease effectively adds that asset back into the project," Davis said.

The Mill Cove Association plans to build pavilions, classrooms, restrooms, parking areas and storage facilities.

"In the true sense of the word, this is a successful partnership," Davis said. "The Corps of Engineers is providing the land. Mill Cove Association is providing the means for public access. And teamwork brought about the lease agreement."

Deputy commander speaks at opening of Raystown Field Station

The Juniata College Field Station at Raystown Lake marked its official grand opening during a special ceremony Oct. 18.

Lt. Col. J.T. Hand, deputy commander of the Baltimore District, attended the event and praised the efforts of those who made this facility possible.

Built in the scenic woodlands

of Raystown Lake, the field station consists of a classroom and laboratory building, dining hall and multipurpose building and two housing buildings.

The facility was built on federal property leased to the college. Baltimore District managed the federal grant that was provided to the college to fund the design and construction of

the field station. Most field stations are associated with major universities, so it is unusual for a small private school such as Juniata College to have such an active field program according to the college's web site.

The Juniata Field Station is one of almost 200 such stations across North America.

Baltimore earns OE Design Center status

by Mary Beth Thompson
Public Affairs Office

Baltimore District joined an elite group Sept. 22 when HQUSACE named it an Ordnance and Explosives Design Center. For years the Engineering and Support Center at Huntsville was the Corps' only OE Design Center, but three new centers have recently been added: Omaha District, South Pacific Division and Baltimore.

"Each design center has full authority to support OE mis-

sions anywhere in the country," said Greg Johnson, assistant chief of Engineering Division. "Baltimore also has the overseas aspect."

The Corps increased the number of OE design centers in response to its expanding role in ordnance cleanup. Additional assets were needed to handle the bigger workload, he said.

"One of the things you need to have is OE safety specialists. We have four," Johnson said. Other teams elements will come from Contracting; Counsel;

Programs and Project Management; Public Affairs and Engineering's Geotechnical, Cost Engineering and Hazardous, Toxic and Radioactive Waste branches.

"We've got a lot of very experienced people," he said.

Baltimore District has been an OE removal action district since 1991. As a design center, the District can now manage OE environmental cleanup projects through all phases: study, decision making, design, contracting and monitoring.

Corps moves out on 2012 reorganization plan

The Corps is moving ahead with a new organization plan, USACE 2012. The plan will reorganize the internal workings of the headquarters and regional elements of the organization from a functionally-oriented model into highly integrated teams.

"We have been working many of these principles for some time now," Chief of Engineers Lt. Gen. Robert B. Flowers said. "Now it is time to integrate these concepts into the organization and align ourselves for a new way of doing business... This will streamline our internal processes and reduce

the delivery time when compared to our past business practices. Organizing into teams provides the opportunity to offer more robust, efficient services and products to the American people and the Armed Forces."

The Corps will also implement the concept of Communities of Practice which brings together people, from within and outside the Corps, who practice and share an interest in a major functional area or business line. These communities will focus on strengthening and maintaining the expertise

needed to solve the complex engineering problems the Corps faces in meeting the nation's needs.

One of the main concepts of the plan is the use of Regional Business Centers, which foster districts working together under the division to operate more as a regional unit.

The next step in the process is to get approval from the Department of the Army, but implementation planning is beginning immediately. There will be no change in the current number of division or district offices.

A-76 training inaugurated in Baltimore for NAD

Over 50 North Atlantic Division employees attended training on the A-76 process in Baltimore Oct. 6-8. Baltimore District hosted the session, the first regional instruction on the major tool the Corps will use for competitive sourcing.

"This training is not directed at any function that might be studied but is trying to educate

the team that would be involved in the process," said Jim Eberhardt, Baltimore District Resource Management chief.

Although it is unknown which types of jobs the Corps will study for possible contracting out, each study team will require members with certain skills, he said.

"We envision that the team

will need legal advice, will need resource management expertise, will need human resources input, for example," he said. Contracting, union representation, and the Small Business and Equal Employment offices were other staff elements that took part in the schooling.

Attendees said they found A-76 training thought provoking.



Wilde Lake Middle School students from Columbia, Md., help plant at Blackwater.



A student digs a hole.

Columbia students help plant at Blackwater Wildlife Refuge

Story by Christopher Augsburger, Public Affairs
Photos by Tex Jobe
Information Management

It didn't seem to matter that they had faces smeared with silt or fingers crusted in mud. No, the 15 Howard County seventh graders from Wilde Lake Middle School were too hungry to care.

They plopped down next to the freshly restored marsh grasses that they, along with 150 other Maryland students, had helped restore, took a well deserved lunch break and listened as nearly a dozen federal agencies praised their efforts in helping to plant a new wetland marsh at Blackwater Wildlife Refuge.

The students participated in a demonstration during an Oct. 17

ceremony at the Dorchester County refuge, hosted by the National Aquarium in Baltimore. This day celebrated the complete restoration of 15 acres of wetlands—the first part of a larger plan developed by Baltimore District to restore the entire refuge.

Col. Robert J. Davis, Jr., commander, spoke about the partnership among agencies that made this first phase possible. He also pointed out how the new technology used in this project creates promise for doing a large-scale replenishment.

“What’s most important here is how we accomplished that feat, using techniques that can be translated from a 15-acre footprint to over 200 acres and eventually, the entire refuge,” Davis said. “We used innovative technology

known as thin-layer spraying—a newly developed technique that strategically places dredged material to specific levels, high enough to plant vegetation.”

The wetlands at Blackwater play a crucial role in the overall ecology of the Chesapeake Bay, serving as critical nursery areas for various species of wildlife.

They also provide buffers, erosion control, bank stabilization and water quality improvement to the Bay, said project manager Steve Kopecky.

According to the National Oceanic and Atmospheric Administration, or NOAA, coastal habitat restoration is becoming a national priority, and Blackwater provides an example of a wetland in need.

Over the past 50 years, an estimated 12 square miles of marsh and grasses have degraded at an alarming rate, thanks to influences both natural and man-made.

The once lush marsh loses about 150 acres per year, according to Glenn Page, director of the Aquarium's conservation program, due to an invasive water species called nutria that destroys marsh grasses by eating their roots.

Human changes in the landscape and rising sea levels also contribute to the destruction of grasses. In total, Blackwater has seen as much as 8,000 acres of a 17,000-acre marsh refuge disappear under water.

To combat this loss of habitat, the Army Corps of Engineers partnered with the Maryland Department of Natural Resources to begin a three-phase project aimed at restoring wetlands at Blackwater.

According to Kopecky, the first phase, which cost \$300,000, strategically placed dredged material from the Blackwater River into some of the former marsh area, and then inundated it with water. They then raised the substrate high enough to plant vegetation and restore the marsh habitat by thin-layer spraying.

The Corps plans to use information collected throughout the project's first and second phases to develop a full restoration plan for Blackwater, according to Kopecky.

The U.S. Fish and Wildlife service will help the cause by implementing a nutria control program, designed to reduce future degradation of remaining and restored habitat.

The Aquarium joined in this partnership by engaging the community in the first crucial phase of the wetland restoration. They recruited over 100 volunteers, including the Friends of



Fifteen students and counselors from Wilde Lake Middle School spent the day planting marsh grasses.



Baltimore's team:
From left, Steve Kopecky, Col. Robert J. Davis, Jr., Don Snyder, Christopher Augsburger, Wes Coleman, Jodi Beauchamp, Jeff Price, and Stacy Brown.

Blackwater, the Salisbury Zoo and local students to help plant 70,000 native marsh over a six-day period.

Evidence for benefits beyond the biology of a healthy wetland has already been seen through this Blackwater restoration.

"This project also allows public involvement, helping the Aquarium to reach well beyond our walls and serve the community as a whole," said Page.

According to Kopecky, the 15-acre site is being monitored to test the success of thin-layer

spraying, analyze the health of the restored marsh and help develop the technical expertise needed to work with thin-layer spraying technology. All data collected will help finish an ongoing feasibility study, scheduled for completion in February. Plantings are expected to resume in early 2005, he said.

Partnership, promise and hope played out as a theme, with every partner's goal to improve the health of the Chesapeake Bay.

"And a healthy bay," said Davis, "is a healthy Maryland."

EAA volunteers pack 'care packages' for deployed employees

by Christopher Augsburger
Public Affairs Office

They fly in the same airplanes as the troops, landing in war zones like Afghanistan, Iraq and Kuwait, ready for forward deployment.

While the troops and support personnel begin the task of assisting a nation to reinvent its infrastructure, the support boxes find their way to deployed members of Baltimore District, supplying them with much welcome "goodies."

These "care boxes," are filled with items such as candy, granola bars, cookies, magazines, cards and notes—items not likely found in the streets of a war-torn country.

Baltimore's Employee Activity Association volunteers began assembling the care boxes in August, after a number of forward deployed employees requested anything other than meals ready to eat, or MREs.

Sara Robert, Chris Milligan, Heather Sachs and Lisa Lipford helped coordinate this effort, and participated in this program with special interest. Robert, Milligan and Sachs have all served overseas as part of Field Force Engineering, or FFE, and know all too well the enormous impact that receiving these boxes can have on a fatigued and hungry employee.

"When you have to eat MREs, you'll eat anything else," said Milligan, whose units served in Bosnia and Macedonia.

Since the food collection began, EAA has sent 12

boxes to the nine employees currently serving in the Middle East—three boxes to Afghanistan, six to Iraq and another three to Kuwait.

All four said they were proud of the turnout by District employees and hope for continued support.

"The response from the District has been more than I expected...I have not seen it dwindle," said Milligan.

However, more boxes remain to be filled. While nine employees will return home at the end of October, another nine will take their places to continue the mission.

Because of that demand, EAA has set a goal to send an average of one box a month, placing an emphasis on sending special boxes during the holiday season. Milligan said that FFE members particularly enjoy homemade cookies and bags of candy this time of year.

If you are interested in donating food or money, collection boxes are located in the City Crescent Building:

7th Floor — Outside the elevators on the EAA display case. POCs are Chris Milligan or Heather Sachs.

8th Floor — Construction Division, Room 8030. POC is Debbie Singer.

10th Floor — Engineering Division, Room 10000D. POC is Sara Robert.

11th Floor — Planning Division, Room 11600. POC is Cyndi Geppi.

Suggested Items include:

- Trail mix & nuts (no glass containers);
- Crystal Light powdered drink mix;
- Gatorade powdered drink mix;
- Powdered lemonade or iced tea mix;
- Candy, gum, etc.;
- Cookies, crackers, & snacks (lunch box size);
- Granola bars, power bars, etc.;
- Magazines, books, notes, cards, etc.;
- Homemade cookies and items can be sent if they are

packaged in a tin to keep them from breaking.

EAA also accepts monetary donations. For more information, see Sara Robert, Chris Milligan, Heather Sachs or Lisa Lipford.

According to Milligan, homemade cookies can go a long way, and she would know.

"These boxes were quite a surprise," said one forward-deployed employee, now stationed in the desert of Kuwait.



Veterans Day honors everyone who served

There are heroes everywhere. In war and in peace they defend this nation's ideals, and on Nov. 11, Veterans Day, Americans have a chance to thank them.

People often confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

While those who died are also remembered on Veterans Day, Veterans Day is set aside to thank and honor all who served honorably in the military—in wartime or peacetime.

Veterans Day is largely intended to thank living veterans for their service, to acknowledge

that their contributions to the national security are appreciated, and to underscore the fact that all those who served—not only those who died—have sacrificed and done their duty.

Nov. 11 was originally called Armistice Day. It honored veterans of World War I on the anniversary of the war's end.

In 1954, considering the tremendous number of veterans of World War II and Korea, Nov. 11 became a day to honor American veterans of all wars.

On Oct. 8, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated:

"In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join

hands in the common purpose."

To veterans, Americans say "thank you."

Your sacrifices and service on behalf of the nation are very much appreciated.



Have a guilt-free Thanksgiving dinner

While overeating one day won't destroy your healthy diet, weight watchers may feel a tinge of guilt as they overindulge while giving thanks.

If you're the cook, these easy ways to reduce fat content will make your dinner healthier while not sacrificing flavor:

- Instead of basting the turkey with fat, rub a little olive oil on it when you place it in the oven. Later, baste with defatted chicken stock combined with apple juice.

- Take most of the fat out of the gravy. Pour the juice and drippings into a large plastic cup. With a gravy ladle, skim most of the fat

off. You should be able to skim off 80 percent or 90 percent of it,

and your gravy will still have a rich flavor.

- For recipes that call for cream, substitute nonfat evaporated milk. You won't notice the difference in your pumpkin pie.

- Put skim milk in mashed potatoes instead of whole milk and skip the butter. Your guests will put gravy on them anyway, and the flavor comes from the gravy.

- If your dressing calls for a lot of butter, moisten it with stock and some olive oil. If you add onions and celery, no one will notice the difference.

- Offer more colorful vegetable dishes with the main course and more fresh fruit on the dessert table.



Baltimore District history quiz

by Stephen Brooks
Librarian

All of the answers to this quiz may be found in the District Library, which is located in the City Crescent Building on the ninth floor, just inside the Information Management Office in Room 9100.

1. What was the first project in the Baltimore area to involve the Army Corps of Engineers? HINT: Anacreon holds the key to this one.

2. Who was the second Baltimore District Engineer? HINT: He's the one NOT buried in Grant's tomb.

3. Here's an easy one. Who

commanded the "Grand Army," established by the Continental Congress on June 16, 1775? You don't need a hint for this one.

4. A little harder. Who recommended him for the job? HINT: He was born in Braintree.

5. Now, more specific about Baltimore District projects of the past, in what project, based in Baltimore City, has the Corps played a role since the 1830s? HINT: The Old Bay Line used it.

6. Who succeeded as district engineer in 1852? HINT: He's on the wall.

7. What were his chief civil and military projects? HINT: One of these is also the answer

to Question 5.

8. How did Baltimore's Board of Commissioners show their appreciation of the Corps of Engineers for the six mile channel dredged between 1853 and 1858?

9. What two things did the first post-Civil War district engineer have in common with the gentleman who is the answer to Question 2? HINT: Both things concern the Civil War.

10. In the 1870s and 1880s, the Baltimore District assisted in a neighboring state on a civil works project. Name the partner and the project.

ANSWERS

responsibility on the civil works side. As for a military project, he oversaw the construction of Fort Carroll on the Patapsco River. 8. They named it after the district engineer responsible, calling it the Brewerton Channel. Another three miles needed to be dredged, but lack of funds and the Civil War brought the work to a temporary halt. 9. Maj. William F. Craighill, like Robert E. Lee, was from Virginia. (Craighill was from what is now West Virginia, but at the time of his birth, it was still part of Virginia.) Both were against secession and faced dilemmas regarding loyalty to North versus South. Lee chose the South, Craighill the North. 10. The Baltimore District partnered with the City of Richmond, Va., to improve navigation on the James River.

ington arrived as a Virginia delegate to the Second Continental Congress, he wore his old British militia uniform. When the decision was made to place someone with significant military experience in charge of the new army, Adams said in effect, "Let George do it." 5. The excavation, expansion and maintenance of the Baltimore Harbor, which continues to this day, had its origins in the 1830s. The Baltimore Steam Packet Co., or The Old Bay Line, ran steamers to the Baltimore, Norfolk and Portsmouth ports and back. (Editor's note: The author's grandfather was a captain on The Old Bay Line.) 6. Capt. Henry Brewerton. Federal money for internal improvements became readily available about the time he took charge. 7. Excavation of the Baltimore Harbor was his main

1. The repair and construction of Fort M'Henry. ANSWER TO HINT: "To Anacreon in Heaven" was the name of the English drinking song which served as the model of Francis Scott Key's poem, "The Defense of Fort M'Henry," known today as "The Star-Spangled Banner," the national anthem. 2. Brevet Col. Robert E. Lee was Baltimore District Engineer from Nov. 15, 1848 to May 27, 1852, when he became superintendent of West Point. He succeeded Maj. Cornelius A. Ogden, who began command of Baltimore about July 1847. Neither actually referred to themselves as "district engineer," but each was the first man officially in charge of Army engineering work in the Baltimore area. 3. George Washington, of course. 4. John Adams. When Wash-

Most on-the-job injuries involve hands, fingers during material handling

It's an unusual job that doesn't include a certain amount of material handling. Whether you are a warehouse person, a machine operator or an office worker, you handle material either frequently or occasionally. That's when your hands and fingers are at risk. According to the National Safety Council, most on-the-job injuries involve fingers and hands.

Here are some things you can do to keep your hands safe:

- Inspect materials for slivers, jagged or sharp edges, burrs and rough or slippery surfaces.
- Wear the right kind of gloves for the task. Use gloves, hand

leathers or other hand protectors when applicable.

- Grasp objects with a firm grip.
- Know your equipment. Keep your fingers away from pinch points.
- Keep your hands away from the ends of boards, pipes or other long objects.
- Wipe off materials that are wet, greasy, slippery or dirty before handling them.
- Keep your hands free of oil and grease.
- Check to see if there are handles available for

various items, such as auto batteries. Use tongs for feeding material into metal-forming machines and baskets for carrying laboratory samples.

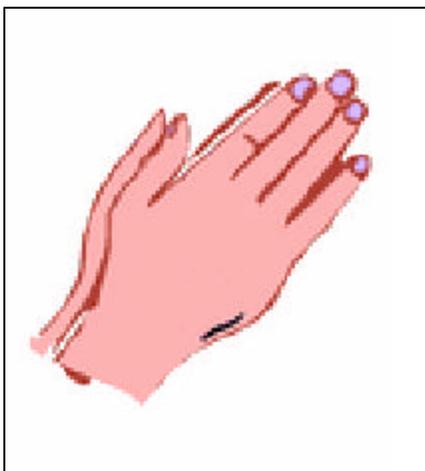
- Know that your hands and fingers are clear before putting down a heavy carton.



Exercises will help keep carpal tunnel syndrome away

Carpal tunnel syndrome is an equal-opportunity ailment. It strikes men and women, computer operators and weight lifters, bike riders and power tool operators, according to a report in *Epidemiology*.

At the computer, you can



prevent CTS by making sure your form is correct.

Maintain straight wrists by adjusting the height of your chair and using a mouse pad with a wrist support.

When lifting weights, keep your wrists straight as you grip a bar or dumbbells. At the first sign of symptoms, reduce the number of reps you do, or allow more time between sets.

Sports medicine doctors say the key to curing CTS is to catch it early. If you have pain, wearing splints at night will help.

To keep from reaching that point, keep your wrists limber with these three stretches throughout the day and before working out:

- Stretch your right arm out straight in front of you, parallel

to the floor. With your left hand, hold the fingertips and gently pull them back toward you. Hold for 10 seconds. Do a set of 10 and repeat with the other hand.

- Stand straight, facing a mirror. Bring your hands together chest high as if in prayer. Keep your hands flat and press your palms together. Hold for 20 seconds. Do one set of 10.

- Stand with your arms parallel to the floor. Put the backs of your hands together, and draw your hands back toward your chest, fingers pointing to the floor. Raise your wrists so they are higher than your elbows while trying to keep your hands together. Hold for 10 seconds. Do one set of five.

Flood control projects save communities millions of \$\$

Baltimore District estimated that federally built levees and reservoirs on the North and South Branches of the Potomac River prevented nearly \$45 million in potential flood damage to homes and businesses during Hurricane Isabel.

This estimate is attributed to the success of the three local flood protection projects and two reservoir projects. The projects include Cumberland/Ridgeley LFP project in Allegany County, Md., and Mineral County, W.Va., in the North Branch; Petersburg LFP project in Grant County,

W.Va.; and Moorefield LFP project in Hardy County, W.Va., both within the South Branch.

Each levee project was built by the Corps of Engineers, with the support of local partners, to provide flood protection for their respective communities. The two reservoirs include Jennings Randolph Lake and Savage River Dam.

The estimates of flood damage reduction, or benefits, are based on projections of flooding and damages that would have occurred had the projects not been constructed.

A breakdown of the benefits provided by each project is: Jennings Randolph Lake, \$27 million; Savage River Dam, \$8 million; Cumberland/Ridgeley, \$3 million; Petersburg, \$4 million; and Moorefield, \$3 million.

Baltimore District operates a total of 14 flood control reservoirs in the Susquehanna River basin and two in the Potomac River basin.

The District has also constructed approximately 45 local flood protection levees within the two river basins since the 1930s.

Pentagon Memorial team receives PDT of the Year Honor Award

Members of the Pentagon Memorial project team were scheduled to receive the 2003 Project Delivery Team of the Year Honor Award Oct. 30 during the Corps' PDT conference in LaJolla, Calif. The award is presented annually by headquarters to a Corps of Engineers team that demonstrates synergy, integrated and coordinated management, teamwork, partnering, effective balancing of competing demands, innovation and sharing of lessons learned.

"At first glance, the scope of the Pentagon Memorial project may pale in comparison to some of the large multi-purpose civil works projects accomplished by the Corps," former District Commander Col. Charles J. Fiala, Jr., wrote in the

nomination package. "Reviewed in the context of the emotional environment, the direct involvement of senior Department of Defense officials, and intense media attention, however, the project posed challenges rarely encountered by most PDTs."

Starting shortly after the 9/11 attack, the project team planned for the memorial, formed stakeholder groups, evaluated sites and conducted an open and anonymous international competition to select a design concept, all within 17 months.

The 2003 PDT Excellence Award went to Fort Worth's Forward Engineering Support Team. Europe District's Southern Infantry Training Base, Israel team received the PDT Merit Award.





Brig. Gen. Temple visits District Oct. 3

Col. Robert Davis, Baltimore District commander, points to a landmark in the Baltimore Harbor as Brig. Gen. Merdith W.B. (Bo) Temple, NAD commander, and Helen Bentley, former congresswoman from Maryland, look on. Sponsored by the Maryland Port Administration, the tour showed the general the Corps dredging work in the harbor and channels.

District employees run in Army 10-Miler

“Over a mile and a half, you should ride a bike,” is what Baltimore District’s Army 10-miler team captain, John Chubb, was heard saying at the two-mile water break as he and the rest of the Baltimore runners made their way around the 17th Annual Army 10-Miler course in Washington, D.C., Oct. 5.

Over 18,450 runners participated in the event.

The top four team finishers for the District were: Greg Johnson, EN; J.T. Hand, EX; Dale Lynn, RM and Jim Turkel, RE.

With these times the NAB Runners ranked seventh in the civilian government agency division.

Also completing the 10 miles were Gary Schilling, Jared Olsen and John Chubb, PPMD; and Mary Wiedorfer, CO.

Join the Great American Smokeout

If you want to quit, you probably can.

Experts say modern cessation methods are helping more quitters succeed than ever before.

The Great American Smokeout Nov. 20 is a great time to begin. The smokeout encourages you to quit for a day and maybe for a lifetime.

According to the 1982 U.S. Surgeon General’s Report, “Cigarette smoking is the major cause of cancer mortality in the United States.” That includes lung cancer and almost a dozen other types of cancer. His statement is just as true today.

Smoking is also a major cause

of heart disease, bronchitis, emphysema, and stroke. It increases the severity of colds, flu and pneumonia.

Chewing tobacco and snuff, the smokeless tobaccos, are not safer than cigarettes. Chewing tobacco and snuff contain more nicotine than cigarettes and cause all of the same problems.

Some benefits of quitting:

- People who quit, regardless of age, live longer than those who don’t.
- Those who quit before age 50 have half the risk of dying in the next 15 years compared with smokers. People who quit by age 35 avoid 90 percent of risks.

News you can use

Angel Tree Program

The 2003 Angel Tree Program runs from Nov. 10 through Dec. 5. Sponsored by the Salvation Army, the program provides Christmas gifts for needy children all over the United States.

The Baltimore regional office provides gifts for children in Howard, northern Anne Arundel and Baltimore counties and Baltimore City.

“Angels” will be distributed to District POCs in November, and employees can choose any angel.

Please consider giving a gift to a child who would otherwise have none.

For more information, call Susan Jones, Real Estate Division, at ext. 4675.

Frozen devices

Batteries that power cell phones, PDAs, and digital cameras don’t work very well in temperatures of 32 degrees or below. Cold temporarily prevents power from reaching the device. Cameras are especially susceptible.

Once a device is working again, the electrical charge will further warm the battery, say the experts at Duracell.

Never store batteries in the refrigerator. It will not prolong battery life.



*Honor our veterans
on November 11th*